



# COUNTY OF SAN DIEGO NEWS RELEASE

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## **COUNTY URGES CAUTION WHEN EXERCISING IN HOT WEATHER**

*Heat Exhaustion, Heat Stroke Can Be Avoided by Taking Proper Precautions*

The San Diego County Health and Human Services Agency (HHSA) urges the public to take precautions when engaging in strenuous exercise or activity while in hot weather.

"In August, high school and college athletes are preparing for the upcoming school year, and that means a lot of outdoor practice," said Nancy Bowen, M.D., San Diego County Public Health Officer. "Anyone who exercises outdoors in hot weather should drink plenty of fluids, including water and/or sports drinks, and schedule periods of rest."

Those who exercise in the heat without proper precautions can experience heat exhaustion, which may occur after inadequate replacement of fluids, or several days of exposure to high temperatures; or heat stroke, which occurs when the body is unable to regulate its temperature, resulting in a rapid rise in temperature, and failure of the sweating mechanism.

Symptoms of heat exhaustion include: Heavy sweating, paleness, muscle cramps, dizziness, headache, nausea, vomiting, and fainting. Symptoms of heat stroke include: Extremely high body temperature (above 103 degrees), red, hot and dry skin (no sweating); rapid, strong pulse, throbbing headache, dizziness, nausea, confusion and unconsciousness.

For persons suffering from heat stroke: Get the person to a shady area, cool them rapidly using any method possible, including immersing the victim in cool water or placing the person in a cool shower; do not give the victim fluids, monitor body temperature, and get medical assistance as quickly as possible.

For those suffering from heat exhaustion: Drink cool, nonalcoholic beverages, rest, take a cool shower, bath or sponge bath, get into an air-conditioned environment, and wear lightweight clothing. If symptoms worsen or last longer than one hour, seek medical attention.

For more information, go to the Centers for Disease Control and Prevention Web site: <http://www.cdc.gov/>; click on "Keep It Cool."

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